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Weight Control and Obesity

Overview (in order by year)

"Obesity" F. Xavier Pi-Sunyer. In: *Modern Nutrition in Health and Disease*, 8th ed. Maurice Shils, James A. Olson, and Moshe Shike (eds.). Philadelphia: Lea & Febiger. 2: 984-1006. 1994.

Obesity: Pathophysiology, Psychology, and Treatment. George Blackburn and Beatrice Kanders. New York: Chapman & Hall. 1994. 336 pp.

"Binge eating disorder: current knowledge and future directions." Susan Zelitch Yanovski. *Obesity Research*, 1(4):306-324. 1993.

Nutrition Monitoring in the United States. Chartbook I: Selected Findings from the National Nutrition Monitoring and Related Research Program. Interagency Board of Nutrition Monitoring and Related Research. Hyattsville, MD: U.S. Government Printing Office. Sept. 1993. pp. 5-9, 62, 65-68.

Obesity: Theory and Therapy. Albert J. Stunkard and Thomas A. Wadden. New York: Raven Press. 1993. 377 pp.

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"When your obese patient can't lose weight." Karen M. Neil and Robert F. Kushner. *Postgraduate Medicine*, 93(2):155-162, 168-169, 172. 1993.

"The problem of obesity: fundamental concepts of energy metabolism gone awry." Judith G. Dausch. *Critical Reviews in Food Science and Nutrition*, 31(4):271-298. 1992.

Obesities. Jean Vague. London, England: J. Libbey. 1991. 153 pp.

Straight Talk about Weight Control. Lynn J. Bennion, Edwin L. Bierman, and James M. Ferguson. Mount Vernon, NY: Consumers Union. 1991. 351 pp.

Prevalence (in order by year)

"Activity, inactivity, and obesity: racial, ethnic, and age differences among schoolgirls." Anne M. Wolf, et al. *American Journal of Public Health*, 83(11):1625-1627. 1993.

"Trends in body composition for infants and children in the U.S." Robert J. Kuczmarski. *Critical Reviews in Food Science and Nutrition*, 33(4/5):375-387. 1993.

"Prevalence of obesity in American Indians and Alaska Natives." Brenda A. Broussard, et al. *American Journal of Clinical Nutrition*, 53:1535S-1542S. 1991.

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"Maternal body weight development after pregnancy." Agneta Ohlin and Stephan Rossner. *International Journal of Obesity*, 14:159-173. 1990.

Classification, Definition, and Measurement (in order by year)

"Commentary on classics of obesity: hypothalamic obesity." George A. Bray. *Obesity Research*, 1(4):325-328. 1993.

"The composition of weight loss in dieting obese females by electrical methods." N. H. Saunders, et al. *International Journal of Obesity*, 17(6):317-322. 1993.

"Defining obesity in children and adolescents: epidemiologic approaches." Katherine M. Flegal. *Critical Reviews in Food Science and Nutrition*, 33(4/5):307-312. 1993.

"The Frohlich syndrome report of the original case." Hilde Bruch. *Obesity Research*. 1(4):329-331. 1993.

"Visceral fat loss measured by magnetic resonance imaging in relation to changes in serum lipid levels of obese men and women." R. Leenen, et al. *Arteriosclerosis and Thrombosis*, 13(4):487-494. 1993.

"Classification of obesity with respect to morbidity." Yuji Matsuzawa, et al. *Proceedings of the Society for Experimental Biology and Medicine*, 200(2):197-201. 1992.

- "Composition of weight loss in severely obese women: a new look at old methods." Jeanine Albu, et al. *Metabolism*, 41(10):1068-1074. 1992.
- "Personal and parental alcohol abuse, and victimization in obese binge eaters and nonbingeing obese." Robert A. Kanter, Bronwen E. Williams, and Claudette Cummings. *Addictive Behaviors*, 17:439-445. 1992.
- "Use of skinfolds and bioelectrical impedance for body composition assessment after weight reduction." Irma J.M. Pajmans, Kristine M. Wilmore, and Jack H. Wilmore. *Journal of the American College of Nutrition*, 11(2):145-151. 1992.
- "The eating disorder inventory as a predictor of compliance in a behavioral weight-loss program." Michael Abrams. *International Journal of Eating Disorders*, 10(3):355-360. 1991.

Genetics and Environment (in order by year)

- The Genetics of Obesity*. Claude Bouchard (ed.) Boca Raton, FL: CRC Press, Inc. 1994. 336 pp.
- "Breast-feeding reduces maternal lower-body fat." F. Matthew Kramer, et al. *Journal of the American Dietetic Association*, 93(4):429-433. 1993.
- "Differences in postpartum weight retention between black and white mothers." Jennifer D. Parker and Barbara Abrams. *Obesity & Gynecology*, 81(5, pt. 1):768-774. 1993.
- "Genetic and nongenetic determinants of regional fat distribution." Claude Bouchard, Jean Pierre Despres, and Pascale Mauriege. *Endocrine Reviews*, 14(1):72-93. 1993.
- "Genetics of obesity." Claude Bouchard and Louis Perusse. *Annual Review of Nutrition*, 13:337-354. 1993.
- "The influence of fatness, weight change, slimming history and other lifestyle variables on diet reporting in Danish men and women aged 35-65 years." Berit Lilienthal Heitmann. *International Journal of Obesity*, 17(6):329-336. 1993.
- "Physical activity in children and youth: relationship to obesity." Russell R. Pate. *Contemporary Nutrition*, 187(2):1-2. 1993.
- "The role of weight management in the health of woman." Sachiko T. Jeor. *The Journal of the American Dietetic Association*, 93(9):1007-1012. 1993.
- "Social and economic consequences of overweight in adolescence and young adulthood." Steven L. Gortmaker. *The New England Journal of Medicine*, 329:1008-12. 1993.

- "Biology of adipose tissue and its effect on the treatment of childhood obesity." Per Bjorntorp. *Pediatric and Adolescent Medicine*, 2:106-114. 1992.
- "The Christmas factor in obesity therapy." Ingalena Andersson and Stephan Rossner. *International Journal of Obesity*, 16(12):1013-1015. 1992.
- "Correlates of obesity in young black and white women: the CARDIA study." Gregory L. Burke, et al. *American Journal of Public Health*, 82(12):1621-1625. 1992.
- "An investigation of counterregulatory eating in obese clinic attenders." Karen L. McCann, et al. *International Journal of Clinical Nutrition*, 12(2):161-169. 1992.
- "Models for dietary and weight change in African-American women: identifying cultural components." Shiriki K. Kumanyika, Christiaan Morssink, and Tanya Agurs. *Ethnicity & Disease*, 2(2):166-175. 1992.
- "Predictors of weight reduction in obese children." O. Nuutinen and M. Knip. *European Journal of Clinical Nutrition*, 46(11):785-794. 1992.
- "Postmenopausal hormone replacement therapy prevents central distribution of body fat after menopause." Jens Haarbo, et al. *Metabolism*, 40(12):1323-1326. 1991.
- "Weight gain at the time of menopause." Rena R. Wing, et al. *Archives of Internal Medicine*, 151:97-102. 1991.
- "The contributions of income, education and changing marital status to weight change among US men." Henry S. Kahn and David F. Williamson. *International Journal of Obesity*, 14(12):1057-1068. 1990.
- "Dieting and disordered eating during early and middle adolescence: do the influences remain the same?" Sarah J. Gralen, et al. *International Journal of Eating Disorders*, 9(5):502-512. 1990.
- "Does emotional eating interfere with success in attempts at weight control?" A. J. Blair, V. J. Lewis, and D. A. Booth. *Appetite*, 15(2):151-157. 1990.
- "Evidence for a secular change in obesity, height, and weight among Navajo Indian schoolchildren." Jonathan R. Sugarman, Linda L. White, and Timothy J. Gilbert. *American Journal of Clinical Nutrition*, 52:960-966. 1990.
- "The interaction of eating restraint and stressful life events on women's weight and weight changes." Ellen S. Parham. *Nutrition Research*, 10(8):831-835. 1990.

"Obesity in black adolescent girls: a controlled clinical trial of treatment by diet, behavior modification, and parental support." Thomas A. Wadden, et al. *Pediatrics*, 85(3):345-352. 1990.

Mortality and Morbidity (in order by year)

"Beneficial health effects of modest weight loss." David J. Goldstein. *International Journal of Obesity*, 16(6):397-415. 1992.

Health Risks of Obesity: 1993 Special Report. Frances M. Berg. Hettinger, ND: Obesity & Health. 1992. 130 pp.

"Long-term morbidity and mortality of overweight adolescents: a follow-up of the Harvard Growth Study of 1922 to 1935." Aviva Must, et al. *New England Journal of Medicine*, 327(19):1350-1355. 1992.

"Mortality of severely obese subjects." Lars V. Sjostrom. *American Journal of Clinical Nutrition*, 55(suppl. 2):516S-523S. 1992.

"Weight loss and mortality in a national cohort of adults, 1971-1987." Elsie R. Pamuk, et al. *American Journal of Epidemiology*, 136(6):686-697. 1992.

"The response to long-term overfeeding in identical twins." Claude Bouchard, et al. *New England Journal of Medicine*, 322(21):1477-1482. 1990.

Pathogenesis (in order by year)

"The association of lifetime weight and weight control patterns with bone mineral density in an adult community." Troy L. Holbrook and Elizabeth Barrett-Connor. *Bone and Mineral*, 20(2):141-149. 1993.

"Differential health benefits of weight loss in upper-body and lower-body obese women." Jill A. Kanaley, et al. *American Journal of Clinical Nutrition*, 57(1):20-26. 1993.

"Overweight, weight loss, and risk of coronary heart disease in older women." Tamara B. Harris, et al. *American Journal of Epidemiology*, 137(12):1318-1327. 1993.

"Strategies for the molecular genetic analysis of obesity in humans." Rudolph L. Leibel, et al. *Critical Reviews in Food Science and Nutrition*, 33(4/5):351-358. 1993.

- "Glycogen storage: illusions of easy weight loss, excessive weight regain, and distortions in estimates of body composition." Stephen N. Kreitzman, Ann Y. Coxon, and Kalman F. Szaz. *American Journal of Clinical Nutrition*, 56(suppl 1):292S-293S. 1992.
- "Is body fat loss a determinant factor in the improvement of carbohydrate and lipid metabolism following aerobic exercise training in obese women?" Benoit Lamarche, et al. *Metabolism*, 41(11):1249-1256. 1992.
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- "Visceral fat accumulation in obese subjects: relation to energy expenditure and response to weight loss." R. Leenen, et al. *American Journal of Physiology*, 263(5 pt. 1):913-919. 1992.
- "Insulin resistance in visceral obesity." Ahmed H. Kissebah. *International Journal of Obesity*, 15:109-115. 1991.

Perceptions (in order by year)

- "The relationship between body weight concerns and adolescent smoking." Diane E. Camp, Robert C. Klesges, and George Relyea. *Health Psychology*, 12(1):24-32. 1993.
- "Adolescents' perceptions of relative weight and self-reported weight loss activities." Michael Felts, et al. *Journal of School Health*, 62(8):372-376. 1992.
- "Self-reported and measured weights and heights of participants in community-based weight loss programs." Linda R. DelPrete, et al. *Journal of the American Dietetic Association*, 92(12):1483-1486. 1992.
- "Myths about childhood obesity." Linda G. Bandini and William H. Dietz. *Pediatric Annals*, 21(10):647-652. 1992.
- "Weight perceptions and dietary practices of black, low-income adolescents." Margaret B. Balentine. *School Food Service Research Reviews*, 14(2):103-07. Fall 1990.

Treatment Methods and Outcomes (in order by year)

Journal articles and books are listed according to method(s) of treatment after subheadings.

Ethics of Treatment

"Ethics of obesity treatment: implications for dietitians." Patricia W. Pace, Mary Pat Bolton, and Rebecca S. Reeves. *Journal of the American Dietetic Association*, 91(10):1258-1260. 1991.

"Obesity treatment: the high cost of false hope." Susan C. Wooley and David M. Garner. *Journal of the American Dietetic Association*, 91(10):1248-1251. 1991.

"Weight loss programs: failing to meet ethical standards?" Andrew Lustig. *Journal of the American Dietetic Association*, 91(10):1251-1254. 1991.

"Why treatments for obesity don't last." G. Kenneth Goodrick and John P. Foreyt. *Journal of the American Dietetic Association*, 91(10):1243-1247. 1991.

Overview of Treatment

"Guidelines for overweight in adolescent preventive services: recommendations from an expert committee." John H. Himes and William Dietz. *American Journal of Clinical Nutrition*, 59:307-316. 1994.

"Obesity and the implications of weight loss (is there death after success?)" Gary R. Cutter. *Perspectives in Applied Nutrition*, 1(1):3-13. 1993.

"A paradigm shift from weight loss to healthy living." Linda Omichinski. *Obesity and Health*, 7(3):48-50. May/June 1993.

"The role of weight management in the health of women." Sachiko T. St Jeor. *Journal of the American Dietetic Association*, 93(9):1007-1012. 1993.

"Effect of weight reduction on resting energy expenditure, substrate utilization, and the thermic effect of food in moderately obese women." Karl M. Nelson, et al. *American Journal of Clinical Nutrition*, 55(5):924-933. 1992.

"Effective weight maintenance techniques of healthy, normal-weight, middle-aged women." Sarah F. Stallings and Patricia Giblin Wolman. *Topics in Clinical Nutrition*, 7(3):56-62. 1992.

- "Etiology and treatment of obesity: understanding a serious, prevalent, and refractory disorder." Kelly D. Brownell and Thomas A. Wadden. *Journal of Consulting and Clinical Psychology*, 60(4):505-517. 1992.
- "Evaluation of an intensive weight control program using a prior criteria to **determine** outcome." Diana Beliard, Daniel S. Kirschenbaum, and Marian L. Fitzgibbon. *International Journal of Obesity*, 16(7):505-517. 1992.
- "Long-term weight control in obese children: persistence of treatment outcome and metabolic changes." Outi Nuutinen and Mikael Knip. *International Journal of Obesity*, 16(4):279-287. 1992.
- "Obesity: a quartet of approaches." C. Wayne Callaway, et al. *Patient Care*, 26(14):157-164, 171-172, 174, 183-184, 186-188, 190, 193-196, 199. 1992.
- "Obesity and efforts to lose weight." Elliot Danforth, Jr. and Ethan A.H. Sims. *New England Journal of Medicine*, 327(27):1947-1948. 1992.
- "A pilot weight control program for Hispanic women." Suzanne B. Domel, et al. *Journal of the American Dietetic Association*, 92(10):1270-1271. 1992.
- "Stages of change in successful weight control: a clinical derived model." Daniel S. Kirshenbaum. *Behavior Therapy*, 23:623-635. 1992.
- "Treatment of obesity." J. S. Garrow. *Lancet*, 340(8816):409-413. 1992.
- Treatment of the Seriously Obese Patient.* Thomas A. Wadden and Theodore B. Van Itallie. New York: Guilford Press. 1992. 524 pp.
- "Undieting: a program of help people stop dieting." Janet Polivy and C. Peter Herman. *International Journal of Eating Disorders*, 11(3):262-268. 1992.
- "Weight control for black women." Suzanne B. Domel, et al. *Journal of the American Dietetic Association*, 92(3):346-348. 1992.
- "Weight loss attempts in adults: goals, duration, and rate of weight loss." David F. Williamson, et al. *American Journal of Public Health*, 82(9):1251-1257. 1992.
- "Weight loss, body composition and risk factors for cardiovascular disease in obese children: long-term effects of two treatment strategies." Outi Nuutinen and Mikael Knip. *Journal of the American College of Nutrition*, 11(6):707-714. 1992.

"Cuidando el corazon--a weight-reduction intervention for Mexican Americans." John P. Foreyt, Amelie G. Ramirez, and Jennifer H. Cousins. *American Journal of Clinical Nutrition*, 53(6 suppl.):1639S-1641S. 1991.

"Evaluation of long-term weight changes after a multidisciplinary weight control program." Susan L. Fitzwater, et al. *Journal of the American Dietetic Association*, 91(4):421-429. 1991.

"Factors related to the completion of weight reduction program." Charlotte A. Pratt. *Journal of the American Dietetic Association*, 90(9):1268-1270. 1990.

Multiple Treatment Methods

"Strategies for improving maintenance of weight loss." Michael G. Perri, Samuel F. Sears, Jr., and Judith E. Clark. *Diabetes Care*, 16(1):200-209. 1993.

"Weight loss intervention in phase 1 of the trials of hypertension prevention." Victor J. Stevens, et al. *Achives of Internal Medicine*, 153(7):849-858. 1993.

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"2.5 years follow-up of weight and body mass index values in the Weight Control for Life! program: a descriptive analysis." R. G. Nunn, K. S. Newton, and P. Faucher. *Addictive Behaviors*, 17(6):579-585. 1992.

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"Lose weight and win: a church-based weight loss program for blood pressure control among black women." Shiriki K. Kumanyika and Jeanne B. Charleston. *Patient Education and Counseling*, 19(1):19-32. 1992.

"Management of obesity in diabetes mellitus." Carlene C. Hamilton, Patti B. Geil, and James W. Anderson. *The Diabetes Educator*, 18(5):407-410. 1992.

Methods for Voluntary Weight Loss and Control: An NIH Technology Assessment Conference March 23-April 1, 1992: *Program and Abstracts + Statement*. NIH Nutrition Coordinating Committee and the NIH Office of Medical Applications of Research. Bethesda, MD: National Institute of Health. 1992. 168 pp. + 29 pp.

Diets and/or Exercise

"Comparison of a low-fat, ad libitum complex carbohydrate diet with a low-energy diet in moderately obese women." Meena Shah, Paul McGovern, Simone French, and Judith Baxter. *American Journal of Clinical Nutrition*, 59:980-984. 1994.

"Beneficial effects of exercise on aerobic capacity and body composition in adults with Prader-Willi syndrome." Kathryn H. Silverthorn and James E. Hornak. *American Journal on Mental Retardation*, 97(6):654-658. 1993.

Eat More, Weigh Less: Dr. Ornish's Life Choice Program for Losing Weight Safely While Eating Abundantly. Dean Ornish. New York: HarperCollins. 1993. 425 pp.

"Effect of weight loss on regional body fat distribution in premenopausal women." Mauro Zamboni, et al. *American Journal of Clinical Nutrition*, 58(1):29-34. 1993.

"Effects of exercise and weight loss on leucine turnover in different types of obesity." Jill A. Kanaley, Morey W. Haymond, and Michael D. Jensen. *American Journal of Physiology*, 264(5 pt 1):E687-E692. 1993.

"Energy expenditure during walking and running in obese and nonobese prepubertal children." Claudio Maffels, et al. *Journal of Pediatrics*, 123:193-199. 1993.

"Reduction of body mass and change in body composition on a very low calorie diet." L. H. Hoie, D. Bruusgaard, and E. Thom. *International Journal of Obesity*, 17(1):17-20. 1993.

"Severe vs moderate energy restriction with and without exercise in the treatment of obesity: efficiency of weight loss." Mary Ellen Sweeney. *American Journal of Clinical Nutrition*, 57(2):127-134. 1993.

"Very low-calorie diets." National Task Force on the Prevention and Treatment of Obesity. *Journal of the American Medical Association*, 270(8):967-974. 1993.

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"Body-fat distribution and serum lipids during the long-term follow-up of obese patients treated initially with a very-low-calorie diet." Vojtech Hainer, et al. *American Journal of Clinical Nutrition*, 56(1 suppl.):283S-285S. 1992.

"Cardiac effects of starvation and semistarvation diets: safety and mechanisms of action." Janis S. Fisler. *American Journal of Clinical Nutrition*, 56(1 suppl.):230S-234S. 1992.

"Combination of very-low-calorie diet and behavior modification in the treatment of obesity." Richard L. Atkinson, et al. *American Journal of Clinical Nutrition*, 56 (1 suppl.): 199S-202S. 1992.

"A controlled comparison of three very-low-calorie diets: effects on weight, body composition, and symptoms." Gary D. Foster. *American Journal of Clinical Nutrition*, 55(4):811-817. 1992.

Diets That Work. Deralee Scanlon with Larry Strass. Los Angeles, CA: Lowell House. 1992. 279 pp.

"The role of breakfast in the treatment of obesity: a randomized clinical trial." David G. Schlundt, et al. *American Journal of Clinical Nutrition*, 55(3):645-651. 1992.

The Callaway Diet: Successful Permanent Weight Control for Starvers, Stuffers, and Skippers. C. Wayne Callaway with Catherine Whitney. New York: Bantam Books. 1990. 190 pp.

Medication

"Pharmacotherapy for childhood obesity? Maybe for some." William H. Dietz. *Obesity Research*, 2(1):54-55. 1994.

"Androgen treatment of abdominally obese men." Per Marin, et al. *Obesity Research*, 1(4):245-251. 1993.

"Effect of phenylpropanolamine on energy expenditure and weight loss in overweight women." Sharon Alger, et al. *American Journal of Clinical Nutrition*, 57(2):120-126. 1993.

"Effects of dexfenfluramine treatment on body weight and postprandial thermogenesis in obese subjects. A double-blind placebo-controlled study." France Lafreniere, et al. *International Journal of Obesity*, 17(1):25-30. 1993.

"Ephedrine, caffeine and aspirin: safety and efficacy of treatment of human obesity." P. A. Daly, et al. *International Journal of Obesity*, 17(suppl. 1):S73-S78. 1993.

"Treatment of obesity: a nutrient balance/nutrient partition approach." George A. Bray. *Nutrition Reviews*, 49(2):33-45. 1991.

Nutrition Education

"Nutrition education research in weight management among adults." Ellen S. Parham. *Journal of Nutrition Education*, 25:258-268. 1993.

"Applying a philosophy of nutrition education to weight control." Ellen S. Parham. *Journal of Nutrition Education*, 22(4):194-197. 1990.

Psychology

"Weight-related attitudes and behaviors of black women." Shiriki Kumanyika, Judy F. Wilson, and Marsha Guilford-Davenport. *Journal of the American Dietetic Association*, 93(4):416-422. 1993.

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"Characteristics of successful dieters as measured by guided interview responses and Restraint Scale scores." Kristi J. Ferguson, et al. *Journal of the American Dietetic Association*, 92(9):1119-1121. 1992.

"The effects of aerobic exercise on psychological adjustment: a randomized study of sedentary obese women attempting weight loss." Barbara Stetson, et al. *Women & Health*, 19(4):1-14. 1992.

"Hypnosis and weight reduction: which is the cart and which is the horse?" Gordon Cochrane. *American Journal Of Clinical Hypnosis*, 35(2):109-118. 1992.

"A multivariate analysis of weight-loss behavior." Charlotte A. Pratt, Gerald W. McLaughlin, and Clark Gaylord. *Psychological Reports*, 71(2 Pt. 2):1075-1084. 1992.

"A technique for incorporating psychological principles into the nutrition counseling of clients." Marian R. Stuart and Margaret D. Simko. *Topics in Clinical Nutrition*, 6(4):51-60. 1991.

Beyond Dieting: Psychoeducational Interventions for Chronically Obese Women: A Non-Dieting Approach. Donna Ciliska. New York: Brunner/Mazel. 1990. 176 pp.

"The importance of family support in a behavior modification weight loss program." J. Hart, et al. *Journal of the American Dietetic Association*, 90(9):1270-1271. 1990.

"Maintenance and relapse after weight loss in women: behavioral aspects." Susan Kayman, William Bruvold, and Judith S. Stern. *American Journal of Clinical Nutrition*, 52(5):800-807. 1990.

"Ten-year follow-up of behavioral, family-based treatment for obese children." Leonard H. Epstein, et al. *Journal of the American Medical Association*, 264(19):2519-2523. 1990.

"Weight loss maintenance 1 year after individual counseling." Emily Read Wood. *Journal of the American Medical Association*, 90(9):1256-1260. 1990.

Surgery

"Factors influencing left ventricular systolic function in nonhypertensive morbidly obese patients, and effect of weight loss induced by gastroplasty." Martin A. Alpert, et al. *The American Journal of Cardiology*, 71(8):733-737. 1993.

"Gastroplasty for obesity: long-term weight loss improved by vagotomy." John G. Kral, et. al. *World Journal of Surgery*, 17(1):75-78. 1993.

"A gastroplasty that avoids stapling in continuity." L. D. MacLean, B. M. Rhode, and R. A. Forse. *Surgery*, 113(4):380-388. 1993.

"Results of the surgical treatment of obesity." Lloyd D. MacLean, et al. *The American Journal of Surgery*, 65(1):155-160. 1993.

"Successful weight loss following obesity surgery and the perceived liability of morbid obesity." Colleen S.W. Rand and Alex M.C. Macgregor. *International Journal of Obesity*, 15(9):577-579. 1991.

"Effect of gastric balloons on nutrient intake and weight loss in obese subjects." Sydney R. Morrow and Lisa K. Mona. *Journal of the American Dietetic Association*, 90(5):717-718. 1990.

Weight Cycling

"Identifying predictive variables for long-term weight change after participation in a weight loss program." Margaret A. Lavery and John W. Loewy. *Journal of the American Dietetic Association*, 93(9):1017-1024. 1993.

"Short communication: pregnancy, weight cycling and weight gain in obesity." Stephan Rossner. *International Journal of Obesity*, 16:145-147. 1992.

"Weight loss and 2-y follow-up for 80 morbidly obese patients treated with intensive very-low-calorie diet and an education program." James W. Anderson, Valerie L. Brinkman, and Carlene C. Hamilton. *American Journal of Clinical Nutrition*, 56(1 suppl.):244S-246S. 1992.

"Attributions for previous failures and subsequent outcomes in a weight reduction program." Harm J. Hospers, Gerjo Kok, and Victor J. Strecher. *Health Education Quarterly*, 17(4):409-415. 1990.

Periodical Series (in alphabetical order)

International Journal of Obesity. International Association for the Study of Obesity. Macmillan Press, Ltd. Houndmills, Basingstoke, Hampshire, England.

Healthy Weight Journal. Healthy Living Institute, 402 S. 14th Street, Hettinger, ND 58639. (800) 633-4931.

Obesity Research. North American Association for the Study of Obesity, 6400 Perkins Road, Baton Rouge, LA 70808. (telephone number not available)

The Weight Control Digest. American Health Publishing Company, 1555 W. Mockingbird Lane, Suite 203, Dallas, TX 75235. (800) 736-7323.

Contacts for Assistance

Local Contacts (listed in telephone directory)

Ask for the:

Dietetic Association (state or regional chapter)	Dietitian
Extension Service (county or state)	Home Economist
	Food & Nutrition Specialist
Health Department (city, county, state)	Public Health Nutritionist
Hospital	Dietitian
College or University	Nutrition Instructor

National Contacts:

National Center for Nutrition and Dietetics, American Dietetic Association, 216 West Jackson Blvd., Suite 800, Chicago, IL 60606-6995. (312) 899-4854.

Food and Nutrition Information Center, National Agricultural Library, USDA, Room 304, 10301 Baltimore Blvd., Beltsville, MD 20705-2351. (301) 504-5719.

National Council Against Health Fraud, P.O. Box 1276, Loma Linda, CA 92354. (909) 824-4690.

National Health Information Center, ODPHP, P.O. Box 1133, Washington, DC 20013. 800-336-4797.

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- Food and Nutrition Information Center staff

This *Nutri-Topics* was compiled by Shirley King Evans, Nutritionist,
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